

## INSIDE

|                   |    |
|-------------------|----|
| <b>News:</b>      |    |
| Power outage      | 2  |
| <b>Editorial:</b> |    |
| Racial Slurs      | 6  |
| <b>Feature:</b>   |    |
| Mr. Ichikawa      | 7  |
| <b>Sports:</b>    |    |
| Rained out        | 12 |



Vol. 41 No. 17

Yokota Air Base, Japan

April 28, 2000

## Easter Eggstravaganza



photos by Senior Airman Matt Miller

More than 400 base youngsters and parents packed into the Natatorium Saturday in search of Easter goodies. The Natatorium staff floated about 2,150 plastic eggs filled with candy and prizes which children ages 10 and under gathered in less than 40 minutes.

## News Shorts

### No Fuji Flyer

Due to Japanese Golden Week, the Fuji Flyer will not print an issue for May 5.

All submissions including briefs and classifieds will be held over for the May 12 edition.

For more information, call 225-8833.

### Change of commands

Lt. Col. John Bockhold, 374th Operations Support Squadron commander, will relinquish command to Lt. Col. Edward McAllister during a change of command ceremony at 10 a.m. Thursday at the Officers' Club.

The dress is uniform of the day, and everyone is invited to attend.

Lt. Col. David Easton, 30th Airlift Squadron commander, will relinquish command to Lt. Col. Kenneth Keslar during a change of command ceremony at 10 a.m. May 9 in Hangar 15.

The dress is uniform of the day, and everyone is invited.

### Air Force winners

Capt. Robert LoMurro, Fuels Management Flight commander, was recently selected as the Air Force Fuels Officer of the Year for 1999.

Capt. Deborah Dickensheets, Yokota's Military Equal Opportunity chief, recently was selected as the Air Force's Outstanding MEO Chief for 1999.

### Telephone outage

The base's east side telephone system will undergo a major reconstruction project from Monday through May 5.

As a result, each telephone line in the housing area will experience a one-time service disruption ranging from four to six hours between 10 p.m. and 5 a.m.

A list of affected numbers and times is posted at the post office. For more information, call 225-7100.

### Stripes survey

Volunteers are needed to complete a women's readership survey for the Pacific Stars & Stripes.

The survey is scheduled to take place Tuesday in Bldg. 714 the MacArthur Conference Room.

For more information, call USFJ public affairs at 225-4148.

# Round 'em up

## Rodeo team heads up to move out for competition

By Senior Master Sgt.  
Gordon Van Vleet  
374th Airlift Wing Public Affairs

Most members of the 374th Airlift Wing's Airlift Rodeo 2000 team departed Thursday for Little Rock Air Force Base, Ark., on a quest for excellence as they prepare for the Air Mobility Command's Airlift Rodeo 2000 scheduled at Pope Air Force Base, N.C., May 6-13.

Yokota's 36-member team will be competing against the best airlift operators from around the world, said Maj. Geoffrey Gibbs, team commander. "After we get acclimated to the time change, we'll practice at Little Rock until May 6, then we will depart for Pope to begin the competition."

But Pope isn't where the competition begins, and May 6 isn't exactly when the competition starts. "We are already being scored," said Gibbs. "I've had to follow the competi-



photo by Senior Airman Crystal Herrod

### Yokota's Airlift Rodeo team lines up during a send-off party April. 21.

tion operations order (Air Mobility Command's operation order 14-00) since January."

The team chief had to send required information – such as team member names and the primary aircraft tail number – to both Headquarters AMC and Pope by a set deadline or the team would have lost points. "... and we haven't lost any points so far," said Gibbs.

The Airlift Rodeo, once an annual event, is held every two years, said Gibbs. "There is a lot that goes into getting ready for this kind of competition. All the team members have

worked hard at getting ready and are still working hard at fine-tuning their already impressive skills.

"Because we represent Yokota's best we need to look our best," the team commander said. This meant getting new uniforms for all team members. "Since we couldn't use unit funds to buy the uniform items, we held fundraisers and asked for donations." Coming to the teams aid were several Yokota organizations including the Yokota Striders, The

see RODEO page 3

# Base power outage

By Senior Master Sgt.  
Gary Gentz  
374th Civil Engineer Squadron

Yokota Air Base is scheduled for two separate 10-hour power outages from 8 a.m. to 6 p.m. May 20 and 21. During these extended outages, we will accomplish required upgrades to the existing West Electrical Sub-Station.

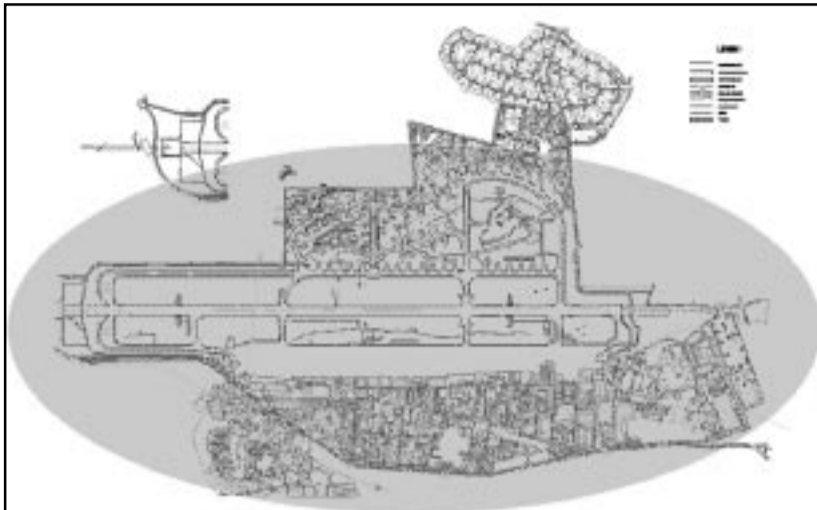
This 30-year-old sub-station is in danger of failure due to age and increasing electrical load from new facilities to include the new community center, middle school, air conditioning at the high school, squadron operations and aircraft maintenance unit facilities. The outages will allow civil engineering to install electrical equipment to increase the overall load capacity of the sub-station. The new facilities' ability to operate hinges on the upgrade of the system.

By planning ahead and enduring these two scheduled outages, we will avoid a catastrophic and unannounced total electrical power system failure. **All facilities west of Walker Blvd., except the Base Theatre and tower Bldgs. 1561, 1562 and 1563 will be affected.**

Facilities east of Walker Blvd. will not be directly affected by the outage. The civil engineering Unit Control Center will be manned throughout the outage and can be reached at 225-9476 for any CE related problems. Our points of contact for the outage are Mr. Dennis Chen and Mr. Paul Kuehn, who can be reached at 225-5441.

#### A few reminders for residents:

- Emergency services will not be affected by the outage. Continue to use published numbers to report incidents.
- Resist the urge to keep checking inside your freezer and refrigerator. Everytime this happens, warm air is let in reducing the appliance's effectiveness. A good plan is to utilize a cooler for items in the refrigerator that need to be chilled.
- Remember the interruption of service will affect items such as electric clocks, fax/answering machines, VCRs, PCs, aquariums etc. Unplugging or turning off these items will help. Otherwise, when power is restored, all appliances may come back on at the same time and possibly overload circuits. When the power is restored, remember to turn on appliances one at a time especially the air conditioners.
- The AAFES gas station will be open 6 to 9 p.m. both days.
- The military banking facilities will operate normally.
- The Commissary will be open both days.
- Hot water in most housing units will be affected. Plan on bathing early.
- Airlift Avenue traffic lights will be four-way stops.
- Route 16 and railroad crossing lights will not be affected by the outage.
- The 374th Security Forces Squadron Visitor Center will have no power during both outage days. Expect delays while signing visitors onto the base.



courtesy graphic

The affected power outage area is highlighted in gray.

#### Open facilities and special activities

The **Pacific Trends** band will perform at Shakura Shell at 2 p.m.

**AAFES** will provide movies at reduced prices starting at 9 a.m. both days at the base theater.

**May 20:** 9 a.m. Bicentennial Man; 11:45 a.m. Next Friday; 1:45 p.m. Toy Story 2; 3:45 p.m. Deuce Bigalow; 5:30 p.m. Mission to Mars; 8 p.m. Where The Heart Is; 10:30 p.m. Final Destination.

**May 21:** 9 a.m. Road To El Dorado; 11 a.m. Toy Story 2; 1 p.m. Romeo Must Die; 3:30 p.m. Where The Heart Is; 6 p.m. American Beauty; 8:30 p.m. Final Destination.

Show times and shows are subject to change.

The **BX** and **BX2** will hold special sales on the 20th and the 21st, and will be open from 6 to 11 p.m. both days.

The **East Shoppette** will have extended hours during the outage and be open from 6 a.m. to 11 p.m. both days.

The following **374th Services Division** facilities will be open for business that weekend with schedules indicated below

- Main Fitness Center 6 to 8 p.m. May 20 and 6 p.m. to midnight May 21.
- Natorium noon to 8 p.m. both days.
- Lodging 24 hours open with no power.
- Library will be closed both days.
- Aero Club normal hours.
- Outdoor Recreation closed both days.
- Skills Development Center closed both days.
- Samurai Café normal hours.
- O' Club will be closed both days.
- Charlie T's will be closed both days.
- Main E' Club 6 p.m. to 2 a.m.
- Boomerang Restaurant normal hours.
- Sho-Ichiban normal hours.
- Outback closed both days.
- Auto Skills closed both days.
- Tomodachi Lanes closed both days.
- Yujo Community Center and Annex closed both days.
- Teen Center normal hours.

## CWE, building bright futures

By Carolyn Hayward,  
374th Airlift Wing, Public Affairs CWE employee

From sophomores to seniors, the Cooperative Work Experience program at Yokota High School is just what's needed to help students resolve issues concerning future career choices.

The CWE program was created to help students by allowing them to gain insight and limited experience in different careers.

For example, working hands on at the photo lab or the *Fuji Flyer* helps to build experience a person may use if they decide to choose a career in photography or journalism.

For teens who aren't sure what direction they want to go after high school, this program can be a step in the right direction. CWE covers a wide range of career options the students may have in mind, and it plays a major role in helping them make that choice on their own.

All it takes to become a CWE student is to request the class through Nancy Harrigan, high school counselor.

Sig Trautwein, CWE coordinator, modeled the program to be viewed as most jobs are in the civilian work force. Trautwein takes much pride in his work as well as the experience with the students. CWE teaches experience on and off campus by way of training sites.

Choosing the training site is the first step. Once a site is chosen they report to a supervisor who is similar to a boss.

Like most jobs students are required to clock-in with a time card and complete work assignments. The supervisors guide individuals and motivate them to work.

According to Senior Airman Jason Baedke, saxophonist for the Band of the Pacific-Asia, CWE bridges the gap between academics and the professional world.

Despite certain challenges, CWE promotes a positive atmosphere to those willing to put forth the necessary effort.

Trautwein said, "In the past and recent years CWE students have maintained a B class average."

During the week there's an evaluation to see what the student and supervisor have accomplished. Particularly hard working students can compete for student of the quarter and student of the year awards. This is similar to company employee of the quarter recognition.

The 7th annual CWE Luncheon is Wednesday. It recognizes the team effort of the supervisor and the trainee.

## Advertisement

# Heater shutdown begins

**By Senior Master Sgt. Dan Sacks**  
Chief of Mechanical Systems Element

The 374th Airlift Wing started turning off heat throughout the base and will soon turn off heat in family housing. Shutting Yokota’s systems off now not only saves thousands of Air Force dollars, but it increases quality of life for the wing as indoor building temperatures are maintained using fresh, outside air.

Deciding when to activate or deactivate the heating and cooling systems on base is always challenging because each individual’s personal comfort level is different.

The base’s main focus is to maintain temperatures at levels which enhance quality of life for the majority of the base residents and workers, and to conserve energy and Air Force dollars.

With this in mind, civil engineers conducted a lot of research consulting Air Force policies, as well as the private sector, for an indoor temperature standard.

Through this, it has been determined that most people feel comfortable indoors when the air is 75 Fahrenheit at 45 percent relative humidity. However, actual personal comfort can range during the summer from a temperature/humidity mix equivalent of 72 F at 90 percent humidity to 87 F and 23 percent hu-

midity. During the winter however, personal comfort can range from a temperature/humidity mix equivalent of 66 F and 70 percent humidity to 80 F and 20 percent humidity.

It is almost impossible to please everyone with one standard policy. However, the base has developed a plan that takes each facility’s ventilation system, as well as the facility’s mission and usage requirements, along with energy conservation, into consideration. Though some facilities will drift between the above ranges, especially during the seasonal changeover period, they will strive to maintain an indoor air temperature mix of 75 F and 45 percent relative humidity whenever possible.

To obtain this goal, the following criteria will be used to determine seasonal changeover:

**Heating Season:**

Mission critical facilities -- Heating systems will be activated/deactivated based on mission needs regardless of outside weather conditions.

High use/poorly ventilated, family housing and DODD Schools -- The heating season will begin when the five-day average minimum temperature/humidity mix of outside air, between the hours of 11 a.m. and 4

p.m., is equivalent to 62 F at 45 percent RH or lower. The heating season will end when the five-day average maximum temperature/humidity mix of the outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to 69 F at 45 percent RH or higher.

All other facilities -- The heating season will begin when the five-day average minimum temperature/humidity mix of outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to 58 F at 45 percent RH or lower. The heating season will end when the five-day average maximum temperature/humidity mix of the outside air is equivalent to 65 F at 45 percent RH or higher.

**Cooling Season:**

Mission critical facilities -- Cooling systems will be activated/deactivated based on mission needs regardless of outside weather conditions.

High use/poorly ventilated, family housing and DODD Schools -- The cooling season will begin when the five day average maximum temperature/humidity mix of outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to 72 F at 45 percent RH or greater. The cooling season will end when the five-day average minimum temperature/humidity mix of the outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to

72 F at 45 percent RH or lower. All other facilities -- The cooling season will begin when the five day average maximum temperature/humidity mix of outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to 74 F at 45 percent RH or greater. The cooling season will end when the five-day average minimum temperature/humidity mix of the outside air, between the hours of 11 a.m. and 4 p.m., is equivalent to 74 F at 45 percent RH or lower.

Please call 374th Civil Engineer Squadron customer service at 225-5790 or 5791 to find out what category your facility falls under or to direct any questions.

Advertisement

Advertisement

## RODEO from page 1

Air Force Sergeants Association, USA Federal Credit Union, Enlisted Spouses Club, Yokota Chiefs Group, 5th Air Force Association, 36th AS Eagle Airlifters and the Yokota Community Action Group. Also showing their support for the team with a sendoff party were members of the 36 AS who helped set up the event, and the 374th Services Division provided refreshments.

Yokota’s Airlift Rodeo team members are: Aircrew representatives (all from the 36AS) are Capts. Jared Curtis and Jonathan Steckbeck, 1st Lt. Bradley Downs, Staff Sgts. Matthew Franklin and Jason Beebe, and Tech. Sgt. James Carson. Their competition consists of delivering an airdrop load, on target, on time.

Transportation representatives are 374th Transportation Squadron members Tech. Sgt. Dale Wenn, Staff Sgt. Robin Olaes, Senior Airman Michael Fletcher, Airman 1st Class Dustin Sonn, and from the 18th Transportation Squadron, Kadena Air Base, Japan, Senior Airman Victor Peterson. The transportation crew’s competition consists of engines-running on and offload of the aircraft; an obstacle course competition and a 10,000-pound forklift driving course.

Joint aerial port members are Tech. Sgt. William Brown, 374th Operations Support Squadron; and Senior Airman Michael Ferry, 36th Airlift Squadron. They will compete by inspecting the airdrop cargo load.

Maintenance members are 36th Airlift Squadron members Master Sgt. Gregory Hagel, Tech. Sgt. Martin Rhodes, Staff Sgts. Michael

Simkins, Martin Mullenbach and George Terrell, Senior Airmen Jeremy Sieben, Steven Wilson, Ismael Reyes and Alan Heltzel; and from the 374th Maintenance Squadron, Staff Sgt. James Dopp. The maintainer’s competition never stops.

“The maintainers are constantly evaluated, preflight, postflight and fuel service – basically the inspectors will look at them daily for their ability to launch, recover and maintain the aircraft in a safe manner,” said Gibbs.

From the 374th Security Forces Squadron are Tech. Sgt. Kelly Green, Staff Sgt. Bradley Rhodes, Senior Airman Christopher Keown, and Airmen 1st Class Isaiah Dolan and Scott Daily. These force protectors will compete in combat pistol and rifle firing, a combat endurance course and combat tactics.

The aeromedical team members from the 374th Aeromedical Evacuation Squadron are Capts. Michael McCarthy and Brian Kraft; Tech. Sgt. Virginia Brown; and Staff Sgts. James Mattson, Orville Goff and Daniel White. Their part of the competition consists of preflight configuration, emergency situation scenarios, preflight operation, and an obstacle course.

“Although the competition lasts a week, these people have been giving it their all for months. I just want to say thanks to all of team Yokota for the support given, and no matter what the outcome of the Airlift Rodeo, you have reason to be proud of your team,” Gibbs said.

Advertisement

# Anthrax reactions stay minimal

By Capt. James Bishop

Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) — Despite concerns and high-visibility refusals surrounding the anthrax vaccination, the number of those reporting reactions remains low.

As of March 29, nearly 1.6 million doses of anthrax vaccine had been given to 422,946 Department of Defense service members. Of those, only 674 individuals have submitted reports of adverse reactions to the U.S. Food and Drug Administration, according to the Air Force Surgeon General's office.

Those 674 cases have been reviewed by the Anthrax Vaccine Expert Committee, an independent panel of civilian medical experts created by the U.S. Department of Health and Human Services. As of March 29, 396 of the reports were "certainly or probably caused by anthrax vaccine," according to an AVEC report posted on the Office of the Secretary of Defense anthrax web site.

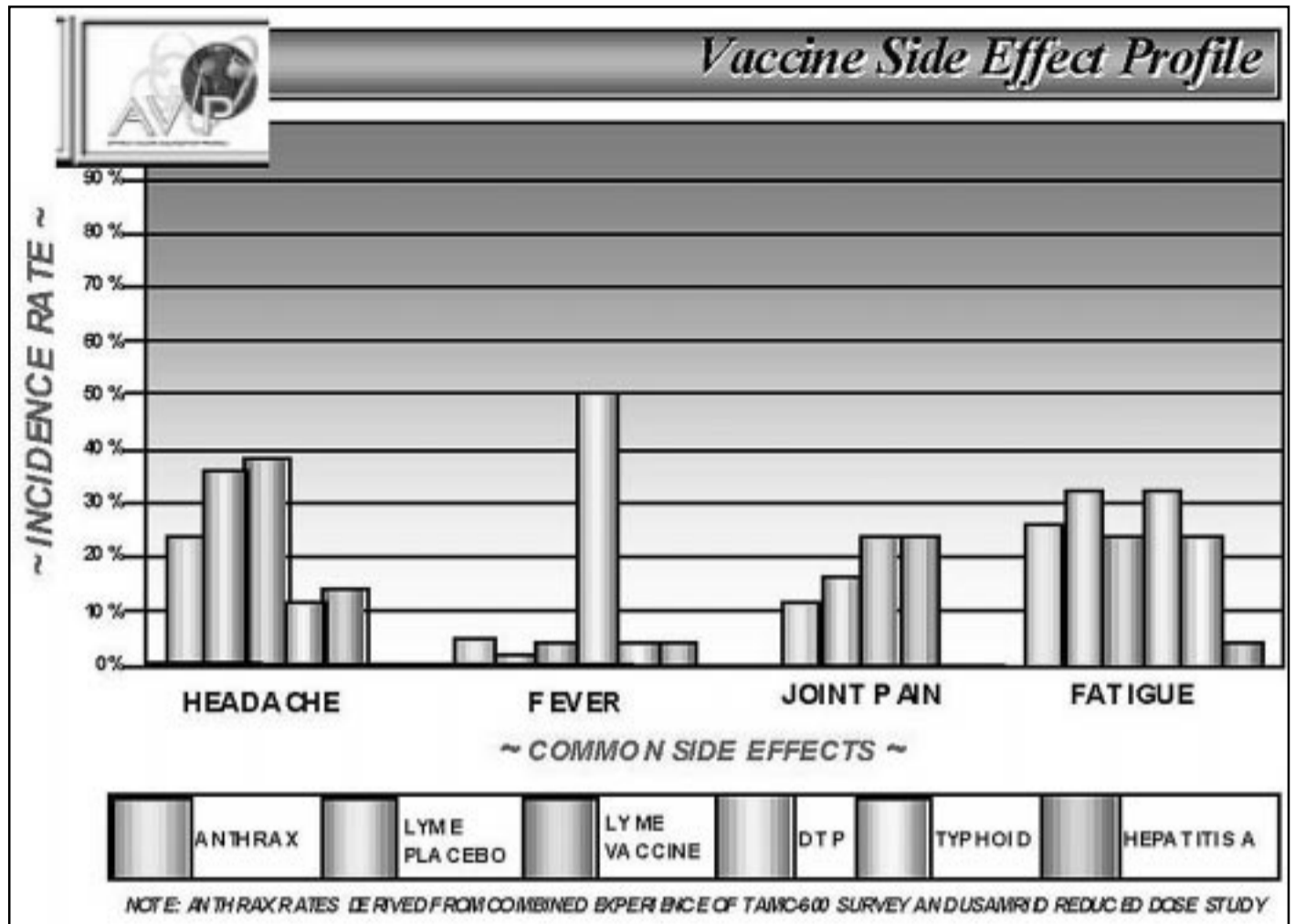
The most common reactions reported are temporary redness, swelling or a small lump at the injection site. These occur in up to 30 percent of men and 60 percent of women receiving the vaccine. Less frequently, people vaccinated reported experiencing "systemic" reactions such as flu-like symptoms (24 people), shortness of breath (three people), and allergic response (nine people including six who were hospitalized), according to AVEC figures.

Side effects from the anthrax vaccine occur less frequently than those caused by other routine vaccinations such as diphtheria, pertussis (whooping cough) and tetanus, according to a report from the Office of the Secretary of the Air Force.

Despite a U.S. House of Representatives panel, which recommended the DOD Anthrax Vaccine Immunization Program be suspended, DOD officials announced Feb. 17 that the program will continue because anthrax poses a real and present threat to American forces. With at least seven countries, including Iraq, actively producing anthrax for use as a biological weapon, anthrax is a known and real threat, said Col. (Dr.) Patricia Nell, chief of aerospace medicine and professional services for Air Force Reserve Command here.

Lt. Gen. (Dr.) Paul Carlton Jr., Air Force Surgeon General, agreed. "Any use of this biological weapon is certain to cause widespread illness and death among unprotected U.S. forces," he said. "We are fortunate to have a vaccine that is both safe and effective. It would be morally irresponsible for Air Force leaders and the entire Department of Defense not to protect our troops against this lethal threat," he said.

The lethality is profound. Called the "poor man's atomic bomb," anthrax spores can be produced in large quantities using a basic knowledge of biology and relatively unsophisticated equipment, says Nell. Inhaling one breath of anthrax bacterial spores will kill almost 100 percent of those unvaccinated, unprotected, untreated. Dispersion of 100



kilograms over a densely populated area would result in an estimated 130,000 to 3 million deaths, according to Nell's report: "Anthrax Protection Update."

The FDA licensed the anthrax vaccine in 1970. It has been safely administered to thousands of at-risk veterinarians, laboratory workers and livestock handlers since then, according to a report by the U.S. Surgeon General, "What Everyone Needs to Know About the Anthrax Vaccine."

The Army Medical Research Institute of Infectious Diseases conducted a study at Fort Detrick, Md., to determine the long-term side effects. The ongoing study, which began in 1973, tracked 1,500 laboratory workers for 10 to 20 years after receiving the anthrax vaccination. None of the workers developed unexplained symptoms due to repeated doses of this or other vaccines they received. From this and other monitoring, no patterns of delayed side effects to anthrax were found, according to the Office of the Surgeon General's report.

The military has a long history with compulsory vaccinations as a force protection measure. During the Revolutionary War, Gen. George Washington mandated treatment against smallpox. According to the Office of the Army Surgeon General, tetanus, typhoid and yellow fever vaccinations were required of soldiers in World War II with the following results:

\* No cases of yellow fever; \* 12 cases of tetanus, despite 2.7 million hospital admissions for wounds and injuries; and \* five cases per 100,000 of typhoid, compared to 42 per 100,000 in World War I.

Air Force leaders continue to encourage military members to educate themselves about the vaccine and to verify

the information comes from credible sources. The Office of the Secretary of Defense also maintains a comprehensive Web site. Members who experience re-

actions are encouraged to report them to their local military treatment facility or directly to the FDA at 1-800-822-7967. (Courtesy of AFRC News Service)

## Advertisement

*Commander's viewpoint*

# Racial slurs insult everybody

**By Lt. Col. Tom Barrett**

374th Support Group deputy commander

As the deputy support group commander here, I am responsible for our juvenile justice program -- better known as the "Youth Development Program."

During the past three years I have had to deal with several cases where the use of racial slurs by one youth towards another has been substantiated. Ladies and gentlemen, we are now in the 21st Century — ENOUGH IS ENOUGH.

We need to eradicate this insult to our national dignity and work and co-exist as a unified team.

My oldest son was a member of a successful football program at Merced High School in California, from 1990 to 1993. They won 43 games, were Conference, Section and State Champions and ranked nationally.

With one high school of more than 4,000 students in a multicultural city of 55,000, the team was a regular salad bowl of races and personalities. We had Caucasian, Hispanic, African-American, Chinese, Korean, Filipino, Vietnamese and numerous mixed-race players.

Furthermore, the team reflected the entire socio-economic makeup of the city. My son would give rides after practice to teammates whose parents

*It is unacceptable behavior for which there can be significant consequences, to include the loss of respect by your friends, neighbors, bosses and possibly jeopardize your career.*

were lawyers and doctors, as well as those in the poorest parts of town. As our coach noted "the most integrated place on the campus is the football huddle."

To be successful they had to study, practice and train together with a unity of purpose and common goal. They were the most unified athletic team I ever had the pleasure to be associated with.

This I attributed to outstanding leadership by the coaches, and the mutual respect and confidence the players had for each other.

A challenge to one was a challenge to all; an affront to one was an affront to all. They treated each other like they would want to be treated.

Recently, one frustrated parent related to me that his sons were subjected to racial slurs over the past several years in military communities in the United States, Germany and Japan.

His exasperation was obvious — when does it end? While I took action in that case, it's going to take the help of everyone to foster a more perma-

nent solution. I appeal to all of you to think about this issue.

Just like my son's football team, our nations are a thorough mixture of races and personalities, yet we are all on the same team. But a bigger one — our nation, the United States of America!

We, as parents, need to continually teach our children the difference between right and wrong, and hold them accountable for unacceptable behavior, such as the use of racial slurs.

Especially in front of our young men and women, you need to not let your temper, frustration or ignorance overload your mouth. You may notice that responsible adults do not call each other names, use racial slurs or get into fistfights.

It is unacceptable behavior for which there can be significant consequences, to include the loss of respect by your friends, neighbors, bosses and possibly the jeopardization of your career.

I learned my lesson as an eight-year old when I blurted out the "N" word I

had heard another child use at school. My mother was not amused. I learned that a bar of ivory soap in your mouth for 30 minutes does not taste good.

While I was pondering the soap's nutritional value, my mother related her unpleasant experiences being taunted as the child of Polish immigrants and what my father's grandparents went through as Irish immigrants in the late 19th century.

She also told me that my best friends and next door neighbors, who were Filipino, had been the object of derogatory comments in the past. Her message sank in and never left me.

Plus, you never really know whom you are going to annoy in our ever-intermingling society. My brother-in-laws' heritage is half Asian-Indian and half Mexican. The heritage of one of my sister-in-laws is African-American.

Oh, by the way, my wife is Korean, so my sons are Amerasian. They were subjected to occasional slurs and taunts when they were young by children who should have been "taught better."

Folks, my family is just a small representation of what we are and are becoming as a nation. When we use racial slurs we are only insulting ourselves.

We need to lead and teach our children properly to eradicate this blight on our national unity and dignity. It starts with you.

## Action Line

The Action Line is your direct line to Col. Mark Zamzow, 374th Airlift Wing commander.

Use the Action Line if you have questions or comments about Yokota, which couldn't be resolved by your chain of command. When you call, leave your name and phone number so you can be reached if more information is needed. Your identity won't be released to the public. Subjects affecting the base population will be published in the Fuji Flyer.



**Col. Mark Zamzow**  
374th Airlift Wing  
commander

225-TEAM or [action.lines@yokota.af.mil](mailto:action.lines@yokota.af.mil)

### No place to play

*Q. I'm calling due to the issue that there are no parks on the south side for the children in the towers or garden apartments. We've been without a park for two years.*

*According to the housing office, playground equipment has been purchased but they are waiting for a contract to install it. Meanwhile, they're putting parks up on the East and West sides where there are already adequate parks.*

**A.** We are very interested in providing playground areas and play equipment for our children to enjoy the outdoors. Because the East side housing playground areas were more of a safety concern we made the deci-

sion to start the playground equipment project in that area.

The south area was designated as the fourth area to have playground work and equipment installed primarily because when initial planning took place many of the new garden homes were still under construction.

Unfortunately, the project start time had experienced contractual delays.

These problems have been resolved and the contractor is working hard to complete the project for the spring and summer time frame. The South area is scheduled to have playground equipment installed in June.

I apologize for any delays or inconvenience that has occurred and look forward to seeing our Yokota children enjoying the new playgrounds throughout all of the housing areas.

Published by Gendai Ad Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 374th Airlift Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

Contents of the Fuji Flyer are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertisement in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force or Fuji Ad Work of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use of patronage, without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the 374th Airlift Wing Public Affairs Office, Yokota Air Base, Japan.

All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by the 374th Airlift Wing Public Affairs Office, building 315, Yokota Air Base, Japan. Mailing address: 374th AW/PA, Unit 5078, APO AP 96328-5078. Phone: 225-7338. Fax: 225-4867. E-mail: [fuji.flyer@yokota.af.mil](mailto:fuji.flyer@yokota.af.mil).



#### DEADLINE

The Fuji Flyer deadline is 4:15 p.m. nine days (Wednesday) before the publication date (Friday). On weekends and holidays the deadline is the Tuesday before.

**Col. Mark R. Zamzow**  
Commander

**Maj. Stephen Clutter**  
Chief of Public Affairs

**1st Lt. John Sheets**  
Deputy Chief of Public Affairs

**Editorial Staff**  
**Senior Master Sgt. Gordon Van Vleet**  
Superintendent

**Staff Sgt. Alan Williams**  
Chief of Internal Information

**Senior Airman Matt Miller**  
Editor

**Staff Sgt. Jeff Loftin**  
U.S. Media Relations

**Printing/Layout by**  
Kaoru Corp. Design Office

## Yokota's DUI Program

**Units having DUI arrests (April 18-24)**

— 374th Supply Squadron

— 374th Maintenance Squadron

**"DUI Free" streak: 2 days (as of Apr. 25)**

**Drink & Drive**

**Yokota's punishments for drinking and driving:**

.05-.07 BAC = 14 days walking and 6 points

.08-.09 BAC = 90 days walking and 6 points

.10 and above = 365 days walking and 6 points

**DUI running totals: April=8; year to date=23**

**Call 225-RIDE**

# Force behind security forces



photos by Senior Airman Matt Miller

**By Maj. Stephen Clutter**  
374th Airlift Wing Public Affairs

It began like many conspiracies. Whispers in the hall. Secret messages between conspirators. Inevitably, a plan was hatched. The target of this particular conspiracy was 72-year old Takahio Ichikawa, a longtime employee at Yokota Air Base.

With a phone call from his boss, Ichikawa was lured into – a surprise birthday party.

“Hey, it’s not everyday somebody turns seventy-two,” said Lt. Col. Gerard Bigos, commander of the 374th Security Forces Squadron, and one of the key conspirators in the surprise birthday caper. “We just love the

little guy around here,” Bigos added. “He’s like a godfather to us.”

Ichikawa, who is the Chief of Police Liaison for the 374th SFS, may not be a common face to most base residents, but he has been making life better for Americans stationed in Japan since the mid 1940s.

For instance, getting local officials to come on base to for Americans to pay road taxes is one of his legacies.

As liaison, Ichikawa not only deals with local law enforcement and judicial officials about police and security issues, he is also personally responsible for hiring all of the

53 Japanese civilian guards who help provide security to the base.

And when it comes to dealing with Japanese officials, or knowing the history of why things are done the way they are here, “Ichikawa-san is like the wise and-all knowing one,” Bigos said. “He has laid the foundation for so much that is taken for granted around here.”

Ichikawa is a graduate of Chuo Technical College and has a law degree from Chuo University. Also, he has many valuable friends and contacts in the local community. Former schoolmates include retired high court district judges prosecutors and many lawyers in the Japanese justice system.

“The fact that he was born and raised in the area means a lot,” said Bigos. “Hardly a day goes by that somebody doesn’t stop by and say they know Ichikawa-san.”

Ichikawa was born in nearby Hamura. At the age three, his family moved to Fussa, then little more than a farming village. The Japanese Imperial Army built what is now Yokota in 1940. Although the war with the United States was still nearly two years away, Japan was embroiled in a war of occupation in China at the time. The base, called Tama at the time, was used primarily for aircraft testing and research.

Ichikawa recalls coming to the base as a sixth grader to pick chestnuts for food and to also harvest worms from mulberry trees (to eliminate wild worms so the silk worms could survive). Another project was helping clear the grass airstrip of weeds. Because of the war with China, food was scarce, especially treats, like candy.

“I remember how surprised I was when the Japanese Army gave us factory-made candy as a reward for the weeding,” he said. “It was very precious.”

Ichikawa came perilously close to fighting in World War II. As a student, he and his teenage classmates were sent to what is now Camp Fuji for field training (military training was mandator for students above middle school). In June 1945, his entire freshman class was mobilized and sent from their technical college to a factory, which produced sparkplug parts. The students were forced to live in dormitories instead of at home with

their families.

The war ended two months later and Ichikawa was eager to get back to his studies. He first began working for the U.S. military in June 1946, when he was hired as an interpreter for an U.S. Army engineering battalion, which was located about five miles from Yokota. He left after a year to devote himself to his schooling. Upon graduation in 1951, he was offered a position as an advisor to the Air Provost Marshall of the 374th Troop Carrier Wing, located at what was then Tachikawa Air Base.

Ichikawa accepted the position, primarily because he was interested in improving his English-speaking skills. He didn’t expect to stay more than a few months.

Instead of leaving, Ichikawa rose steadily in his career, continually earning positions of greater trust and responsibility. He worked at several bases, including Fuchu and Johnson air bases, which are now Japan Air Self-Defense Force facilities (Johnson is now called Iruma). He came to Yokota in June 1970 and has worked here ever since.

Ichikawa admits he has much to be thankful for. He has a charming bride (the former Mitoko Nakane of Hamura), and he and his wife have two grown children – son, Masahiro and daughter, Yumi.

Among what he is most proud of, though, are the 75 Japanese employees he currently supervises, including the 53 civilian guards, as well as the host of those who have worked for Yokota in the past.

“I am very proud to say we have never had any disciplinary actions,” Ichikawa said. “I choose them very carefully,” he said.

One of the reasons the guards are so good, he thinks, is because he has rejected applicants who were being pushed by others based on their English skills. Ichikawa has his own criteria. “Although our civilian guards need to speak enough English to perform their mission, you can not measure the capability of a good security guard by their English ability,” he noted. “You have to look at their character.”

The character issue, when you boil it down, may likely be the key to what has made Ichikawa’s career such a success. Though he has his own feelings about that, too.

“When you are happy and enjoy your work, it is not hard to be successful,” he said. “I like security forces and I like everyone in security forces. They are a family to me.”



Ichikawa in Kanji

## Advertisement

## HELP WANTED

**USO** — Lounge attendant, at Yokota's AMC terminal, immediate opening. 225-2087 or 224-2093.(1)

**Summer camp** — Staff position applications are now being accepted for youth boys summer camp at Tama Hills, must be 14 years old by June 17, interests include theater, arts, crafts, music, and outdoor activities. Call 263-7494 or e-mail boyscout@zama-emh7.army.mil for information, dates and applications.(1)

**Community bank** — For full-time customer service supervisor, two-years experience in banking or financial institution preferred, need strong supervisory background. 225-4952 or 225-4953.(1)

**Community bank** — For full-time administrative assistant, two-years experience in banking or financial institution preferred, need strong interpersonal skills, able to type 55 words per minute and be PC literate. 225-4942 or 225-4953.(1)

**Community Bank** — For full-time teller, some teller or cash handling experience preferred. 225-4942 or 225-4953.(1)

**USO** — Tour coordinator, part time, a paid position, duties will include planning, coordinating and guiding select tours. Need tour experience, must be bilingual in English and Japanese. 225-2087.(2)

**Combined Federal Campaign** — General office administration, duties will include maintaining accurate records, coordination of material distribution and travel arrangements. Need college degree or equivalent experience, strong PC skills, ability to communicate with internal and external customers on a professional level. Must have ability to work independently. Minimum starting salary: \$21,000 annually. 225-9997 or send resume to Combined Federal Campaign-Overseas Pacific; Unit 5104; APOAP 96328.(2)

**American Red Cross** — Emergency communications after hours workers, a paid position with immediate placement. 225-7522.(3)

## WANTED

**Interpreter** — The Tanabata Dancers are looking for a volunteer interpreter for this dance season, must be SOFA sponsored. 227-8981.(1)

**Fence** — Wood for garden appartment. 227-5153.(1)

**Grill** — Gas with side burner. 227-5153.(1)

**Ear piercing** — For infant, must be qualified. 227-9737.(1)

**Upholsterer** — At Yokota's Officers' Club to cover bar stools. 225-8513.(2)

**Rocker/recliner** — Glider or rocking chair. 227-3985.(2)

**Day care** — After school for a six-year-old child. 227-4240.(2)

**Seamstress** — Experienced to sew slipcover for couch, or experienced re-upholsterer to recover couch. 227-3551.(2)

**Climbing guide** — With experience to climb Mt. Fuji starting at station one. 227-2051.(3)

## PETS

**Cat** — Free, grey, to good home, all shots, neutered and micro-chipped, good with kids, very loving and craves attention. 227-8370.(1)

**Dog** — Siberian husky, two years old, red and white with blue eyes, AKC registered. 227-4394.(1)

**Rabbit** — Free to good home, very cute, perfect for Easter. 227-3007.(2)

## LOST

**Glasses** — Prescription reading half glasses, almost triangle shaped, thin colored frames, last seen on the shuttle bus from east to west in late March. 225-2040.(1)

## SALE

**Yard sale** — Saturday, five family, begins at 8 a.m., children's clothing, games, books, videos and more, 4819B East side.

**Yard sale** — Sunday beginning at 9 a.m., plastic drawers, shoe storage case, and more, 4825 Truemper Lane.

## FOR SALE

**A/Cs** — Five large units, \$40 each or all for \$150. 227-7420.(1)

**Baseball tickets** — Seibu Lions, Saturday, reserved seating between first base and home plate, 6,400 yen for both. 227-2838.(1)

**Phone line** — Available immediately, \$400. 227-8756.(1)

**Phone line** — Available immediately, \$400; kerosene heaters, two, \$150 OBO. 227-5174.(1)

**Electronics** — Infinity 155 speaker, \$50; Goldstar VCR, \$40; Hitachi VHS camcorder, \$200; Step Tansu, \$800 OBO. 227-8627.(1)

**Fence** — \$250; three carpets: 9'x12', rose, \$35;

# Fuji Classifieds

To submit an ad, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one-time sales only, 25 words or less and include a name and phone number. No more than two ads per family, per week. Ads are run for two or three weeks (space permitting)

9'x12', beige, \$25; 6'x9', blue, \$15; round dinette table, with four matching chairs, \$35; draperies and mini-blinds to fit east side sliding back door. 227-7797.(1)

**DVD player** — Samsung, built-in AC3 decoder, \$200; Sony SAVA 27 active speaker system with surround speakers, \$150 or buy both for \$325, both in mint condition. 227-2439.(1)

**Lazyboy** — Leather, beige, push button foot rest, very clean, extremely comfortable, \$300. 225-7727.(1)

**Wedding dress** — White satin, hand made, never been worn, \$800 OBO. 227-5213.(1)

**Baby items** — Stroller, used, \$5; changing table, \$20; blankets, \$5; other assorted clothes, \$5; bassinet, \$10; various VHS movies. 227-8370.(1)

**Water bed** — Captain style, oak with matching dresser, both in very good condition, \$600 OBO. 227-3013.(1)

**Table** — Dining room table with extensions and six chairs, like new, rarely used, black with gold trim and jade cushions, \$400. 227-2125.(1)

**Speaker system** — Yamaha, home cinema speaker package, two main, one center, two rear, one subwoofer, \$220 new with box; Panasonic 50-CD player system, \$150; 19" computer monitor, \$250 new with box. 227-4280, 090-2169-9776 or mdfisherman@hotmail.com.(1)

**A/Cs** — Three, 12,000 BTU, 8,000 BTU and 5,000 BTU, \$200 for all three. 227-3248.(1)

**Grill** — Propane with two full tanks, \$40. 227-3248.(1)

**Mountain bike** — Trek 8,000 aluminum, 18" hardtail, 21 speed, new Campagnolo rims, profile handle bars, brakes and rear tires, climber handle bar, Shimano SPD pedals, Specialized shoes, helmet, seat pack, Bontrager Plus 10 race saddle and Gravity stand, \$400 OBO. 227-3289.(1)

**Infant items** — Infant/toddler car seat, stroller, high chair, various sizes of girls clothing, prices negotiable. 227-4367.(1)

**Phone line** — Available immediately, \$400. 0425-51-9084 or 225-7441.(1)

**Miscellaneous** — Awning for three-bedroom East garden, \$150; carpets with pads, contessa-desert sand, 9'x12' - \$85, 9'x15' - \$130; bunk bed, teak, youth size with storage drawers, \$300; bicycles, Huffy 18 speed, 26", men's - \$20, women's - \$20; Direct TV, Panasonic satellite dish, for off base, \$200; transformer, 100v in/110-120v out, six amp, stereo/computer use, \$40. 227-6466.(1)

**Johnny Jumper** — Excellent condition, \$10. 227-3985.(2)

**A/Cs** — Two, \$100. 227-3178.(2)

**Furniture** — Sofa, \$100; coffee and end tables, \$40; futon, \$75; entertainment center, \$40; dresser, \$30; need to sell all ASAP. 227-4355.(2)

**Dinning table** — Oak with six chairs, \$650. 0425-53-8538.(2)

**Mountain bike** — Cannondale Delta V 2000, front and rear suspension, shimano (deore) quick fire gear changers, front and rear cat eye lights, cat eye electronic speedometer, excellent condition, \$1,200 OBO. 227-2972.(2)

**Phone line** — Available immediately, \$400 negotiable, 042-569-0442 or 090-4752-0802.(2)

**A/Cs** — Two; large, cools entire lower floor of four bedroom garden, \$125; small, cools bedroom, \$50. 227-7446.(2)

**A/Cs** — Four, \$300. 227-3744.(2)

**Car stereo** — Panasonic CD/MD player, excellent condition, \$600 OBO. 227-4285.(2)

**Miscellaneous** — Small GE refrigerator, \$40; mower, \$60; Hiace Van battery, \$90; black wire shelving units, \$20; four 185/60/14 tires on spoke rims, \$45. 227-4102.(2)

**Home theater 7** — Yamaha DSP-A3090 channel amplifier with Dolby Digital, mint condition, \$400 firm; DBX 500XR A/V route processor, \$50; Onkyo ES-600 Dolby surround processor, \$50. 227-7637.(2)

**Software** — Compro/Panasonic internal EIDE 8x4x32 CDRW drive kit with Adaptec EZ-CD Creator software, \$250. 227-4939 or e-mail mkmorga@yta.attmil.ne.jp.(2)

**Entertainment center** — Sauder, oak, holds up to a 35" TV, six shelves house audio components behind glass door, has storage for CDs, DVDs and video cassettes, two door storage area, \$100. 227-8221.(2)

**Fish tank** — Light, filters, heater, fish, plants, gravel, good condition, \$50 OBO. 225-3437.(2)

**Golf clubs** — Wilson Staff Ultra, used, good condition, great for beginner, \$60. 227-2447.(2)

**Golf bags** — Titleist, brand new, staff cart bag, perfect condition, black and brown, \$95; Masters, slightly used, cart bag, very good condition, black and gold, \$50. 227-2447.(2)

**Fish tank** — With cover, great shape and doesn't leak, 13"x30"x12.25", good for turtles and snakes, can be viewed at <http://goodman.david.tripod.com/fishtank/index.html>, \$10 OBO. 227-4120 before 9 p.m.(2)

**Computer desk** — Perfect for small spaces, 28"x37"x16.5", has an imperfection on the top left, can be viewed at <http://goodman.david.tripod.com/desk/index.html>, \$20 OBO. 227-4120 before 9 p.m.(2)

**Semi-formal dresses** — Royal blue, Gunne Sax, strapless, size five, sequins on front of bodice, falls just below the knee, both only worn once, great for proms and military functions, can be viewed at <http://goodman.david.tripod.com/dresses/index.html>, \$40 OBO. 227-4120 before 9 p.m.(2)

**Miscellaneous** — Carpet, black, large, one year old; kids summer clothes, boys and girls, many different sizes; rose drapes for tower apartment; 3220-8F. 227-3533.(2)

**Speakers** — Yamaha, digital home theater speaker package, NSP400 5X speakers, 1X subwoofer, like new, \$220. 227-4280 or 090-2169-9776 leave message.(2)

**Phone line** — \$400 OBO. 0425-30-0420 or 090-684-2230.(2)

**Speakers** — Bose 901 series VI, with equalizer and stands, one year old, perfect condition, \$700 OBO. 227-9810.(2)

**Computer desk** — Small, 2'x4', with pull out keyboard tray, \$40. 227-4794.(3)

**Breakfast table** — Solid wood with white legs, 3'x4', with four matching chairs, \$40. 227-4794.(3)

**Nintendo 64** — New with two controllers, rumble pak, two games, memory card, \$120. 227-4554.(3)

**Sony Playstation** — With two controllers, with rumble, five games, memory card, \$135; Sanyo 19" color TV, \$100. 227-4554.(3)

**Delux gym** — Little Tykes, two slides and tube; king size water bed with padded rails, \$900. 227-2932.(3)

**Crib bedding sets** — Three piece infant sets, white eyelet, handmade yellow and white gingham, with matching curtain and two throw pillows, both like new, \$50 each OBO. 227-4124.(3)

**Kerosene heater** — Used once, with box and instructions, \$100; Panasonic mid-system CD player, 50 disk capacity, double cassette, two speakers, 1,600 watts, remote, \$150. 227-4280 or 090-2169-9776.(3)

**Japanese phone** — \$300 OBO; Japanese HD/TV, 1.5 years old, \$400; space heater, \$50; Japanese washer, \$200; small China cabinet, \$30; couch, \$100; table and four chairs, \$50. 0425-30-0420 or 090-684-2230.(3)

**Cooking stove** — \$50; side-by-side refrigerator, \$400; computer furniture, \$25; four metal shelf units, \$25 each; two wood shelf units, \$10; filing cabinet, \$5; microwave with transformer, \$50. 0425-30-0420 or 090-684-2230.(3)

**Typewriters** — Electric, IBM selectric II correctable, in working order, five each; metal cabinets, light creme, 5'x3', with drop-down lids, four each; all items given to any DoD organization for official duty. 225-5447.(3)

**Microwave** — Sharp carousel with stand, \$40; Marantz stereo cassette player, amp, tuner, Technic CD player, all in upright case, no speakers, \$75. 042-530-5440.(3)

**Kids gym** — Little Tykes, multi-colored, crawl tube and slide, good condition, \$75 OBO. 227-3373.(3)

**19" GE TV** — Excellent condition, call 227-9453.(3)

## AUTOMOBILE

**1989 Toyota** — Corona Exiv, JCI until Sept. 2001, CD player, new battery, new brakes, power windows and locks, clean interior. 227-3108 or 090-2650-4249.(1)

**1989 Nissan** — Skyline, white, 4-door, standard, JCI until Feb. 2001, works well, new power steering installed, \$700 OBO. tonya.wagner@yokota.af.mil.(1)

**1988 Toyota** — Soarer 2000GT Twin Turbo,

33,000km, dark gray metallic, automatic, digital dashboard, full aero parts, rims, power steering and windows, excellent condition, \$3,800. 227-4277.(1)

**1989 Toyota** — Vista, white, JCI until July 2000, power locks and windows, automatic, runs great, good interior, good gas mileage, \$600. 225-3437.(1)

**1989 Mitsubishi** — Delica, 4WD Turbo van, light blue and white, 5-speed, A/C, power windows, CD, JCI until Apr. 2001, \$3,800 OBO. 227-6656.(1)

**1994 Toyota** — Corona, white, power everything, air bag, JCI until Sept. 2001, \$4,000. 227-6656.(1)

**1988 Toyota** — Corona, JCI until Feb. 2001, road tax paid, runs great, A/C, automatic, \$800 OBO. 227-4717.(1)

**1994 Nissan** — Terrano SE (Pathfinder), excellent condition, 4x4 Turbo diesel, very economical, all power, JCI until July 2001, low mileage, A/C, 5-speed, TV/CD/cass stereo, \$8,000 OBO. 227-7004 or 090-2749-0065.(1)

**1997 motorcycle** — R1100RT BMW Sport, perfect mechanical condition, many extras, \$11,250 firm. 227-2972.(2)

**1990 Toyota** — Carina, road taxes paid, A/C, power locks and windows, cass, JCI until June 2001, available ASAP. 227-3533.(2)

**1990 Mercedes** — Benz 190E, red, 4-door, power everything, A/C and heater, automatic, 50,000 km, JCI until July 2001, excellent condition, \$7,000 OBO. 227-9071.(2)

**1984 Toyota** — Lite Ace van, gray, 5-speed, good condition, JCI until May 2001, \$1,200. 227-9071.(2)

**1992 Toyota** — Camry, V-6 loaded, only 31,000 miles, price includes one year's road tax and two year's JCI, excellent condition, \$3,900 OBO. 227-2900.(2)

**1992 Nissan** — Sunny, A/C, automatic power windows, door locks and mirrors, AM/FM/cass, excellent condition, JCI until June 2001, \$2,200. 227-8708.(2)

**1986 Toyota** — Town Ace van, automatic, dual A/C, low mileage, JCI until July 2001, \$1,300 OBO. 227-8988.(2)

**1986 Toyota** — Corona, ice cold A/C, tires only one year old, JCI until Nov. 2001, power locks, cass, automatic, reliable, \$800. 227-8221.(2)

**1990 Nissan** — Silvia, 2-door, green, JCI until Dec. 2001, four new brakes, paid road tax, \$800 OBO. 090-2413-9306.(2)

**1993 Mazda** — Van, blue, automatic, clean, JCI until Jan. 2001, \$3,200 OBO. 0426-45-1454.(2)

**1990 Nissan** — NX coupe, 2-door, low miles, A/C, automatic, AM/FM, excellent condition, JCI until June 2001, \$1,950 OBO. 227-7832 after 5 p.m.(2)

**1987 Toyota** — Supra twin turbo, power seats, mirrors and steering, automatic, V-6, AM/FM/cass, tinted windows, excellent condition, JCI until 2002, \$3,000 or trade for U.S. spec vehicle. 227-9087.(2)

**1997 Van** — Lite Ace, runs great, JCI until Nov. 2002, automatic, grey, \$2,500 OBO. 227-8355.(2)

**1990 Mazda** — Famila, 4-door, all electric, runs great, JCI until Oct. 2001, great for small family, low miles, \$1,800 OBO. 227-8355.(2)

**1994 Nissan** — Sunny, automatic, A/C, JCI until Jan. 2002, \$3,600. 227-6336.(2)

**1992 Nissan** — Sunny, automatic, A/C, JCI until Oct. 2001, \$2,500. 227-6336.(2)

**1990 Toyota** — Vista, automatic, A/C, JCI until March 2002, \$2,600. 227-6336.(2)

**1992 Toyota** — Corolla, JCI until Sept. 2001, \$2,000 OBO. 0425-30-0420 or 090-684-2230.(3)

**1991 Honda** — Del Sol, removable top, A/C, six CD changer, AM/FM/cass, V-tech engine, 5-speed, \$3,500 OBO. 556-5144 or 090-9010-9641.(3)

**1993 Toyota** — Tercel, 21,527km, JCI until Feb. 2001, \$3,500; 1992 Silvia, 2.0L, 5-speed, JCI until Apr. 2001, \$1,900; 1990 Silvia, JCI until March 2001, \$1,600. 227-4932.(3)

**1989 Carina** — Two-years JCI, \$1,200; 1991 Levin, JCI until Sept. 2000, \$900; 1992 March, two-years JCI, \$1,100. 227-4932.(3)

**1992 Nissan** — Pulsar, dark blue, less than 40,000km, JCI until Nov. 2000, available the first week of May, \$950. 227-8045.(3)

**1989 Toyota** — Corolla, canvas top, A/C, automatic, low mileage, 39,000km, JCI until April 2002, \$1,500 OBO. 042-531-5306.(3)

**1981 Nissan** — Sunny, power everything, great second car, prices to sell. 227-9640.(3)

**1989 Nissan** — Cefiro, JCI until May 2000, \$800 OBO, runs great, A/C, power windows and locks. 227-4971.(3)

**1990 Toyota** — Sunroof, 5-door, AM/FM/CD/cass, 4WD, automatic, A/C, tilt steering, JCI until Oct. 2001, \$2,500 OBO. 225-6230.(3)

Movie schedule

**Today** – *Return to Me*, PG, 6:30 p.m.; *American Beauty*, R, 9 p.m.  
**Saturday** – *Return to Me*, PG, 6:30 p.m.  
**Sunday** – *Return to Me*, PG, 2 p.m.  
**Monday** – *Liberty Heights*, R, 7 p.m.  
**Tuesday** – *Liberty Heights*, R, 7 p.m.  
**Wednesday** – *Eye of the Beholder*, R, 7 p.m.  
**Thursday** – *Eye of the Beholder*, R, 7 p.m.  
**May 5** – *Rules of Engagement*, R, 9 p.m.  
**May 6** – *Rules of Engagement*, R, 9 p.m.  
**May 7** – *Bicentennial Man*, PG, 2 p.m.; *Rules of Engagement*, R, 7 p.m.  
**May 8** – *End of an Affair*, R, 7 p.m.  
**May 9** – *End of an Affair*, R, 7 p.m.  
**May 10** – *The Beach*, R, 7 p.m.  
**May 11** – *The Beach*, R, 7 p.m.

YTV (Channel 18)

*Welcome to Yokota* – Mondays at 8 a.m.  
*Culture Connection* – Mondays through Saturdays at 9 a.m. and 5 p.m.  
*Air Force News* – Mondays through Saturdays at 3 p.m.  
*Eye on Services* – Mondays through Saturdays at 6:30 p.m.

Summer hires

The 2000 Summer Employment Program is accepting applications from eligible military and civilian family members between the ages of 14 and 23 who are looking meaningful summer employment. The program offers full- and part-time employment opportunities within the local community. To apply, stop by the Yokota High School office or the Civilian Personnel Flight, beginning Monday to get an application package. The packages are due May 19. For more information, call Monica Gage at 225-3935.

Driver needed

A volunteer driver is being sought for an individual for hospital treatment. The individual needs to be transported to and from the hospital every Monday, Wednesday and Friday for at least six to eight weeks. The number of trips will decrease as the individual improves. Need to have a four-door sedan or van. For more information, call Lana Smith at 225-8725.

FSC classes

The following classes are being offered by the Family Support Center:

# Above & Beyond

**Who:** Senior Airman Tonya Lee  
**Reason:** As a claims examiner with the 374th Airlift Wing Legal Office, Lee has helped more than 800 clients receive money for their damaged or lost household items. She also volunteers her time in the community whenever needed. She has worked with the base chapel's Homeless Ministry Program every Saturday for the past 18 months where she distributes food and clothing to homeless people living at Chuo Park in Tokyo. Lee also teaches children's church and volunteered her time to the base post office during the Christmas rush. She was recently recognized for her selflessness at the volunteer luncheon where she received the Military Outstanding Volunteer Service Medal.



**My Honey and Money;** from 1 to 4 p.m. May 8, assists couples with communication and discussion of financial issues.  
**Financial planning and Investing;** from 6 to 7:30 p.m. May 11.  
**Investment Strategies;** 6 to 7:30 p.m. May 18.  
**Introduction to Mutual Funds:** 6 to 7:30 p.m. May 25.  
For more information, call the Family Support Center at 225-8725.

YHS registration

Adults are needed to assist Yokota High School with

registration for next year's classes. Four volunteers are needed daily from 10 a.m. to 4 p.m. from May 8 to 12. For more information, call Lana Smith at 225-8725.

Debate show

The Inagawa Motoko office is looking for Japanese-speaking foreigners to participate in the Kokoga-hen-dayo Nihon Jin debate show.  
The show is filmed on alternate Sundays in a studio in Setagaya. All ages, genders and nationalities are welcome. For more information, call 225-8725.

see BRIEFLY page 11

|               |               |               |               |
|---------------|---------------|---------------|---------------|
| Advertisement | Advertisement | Advertisement | Advertisement |
| Advertisement | Advertisement |               |               |

# Trainer helps deployed people stay fit

By Senior Airman Jeffrey Bishop  
320th Air Expeditionary Group Public Affairs

ESKAN VILLAGE, Saudi Arabia (AFPN) — Benny Miguel wants to “pump you up!” Miguel, a fitness, nutrition and biomechanics expert from Hickam Air Force Base, Hawaii, already has a good start on many people here.

Since his arrival, he’s given nutrition classes, participated in the base Health Fair and has personally trained a handful of people. He even runs the “20-Minute Abs” class, which packs the multipurpose tent every Monday, Wednesday and Friday.

But that’s only for starters. Miguel, who is also a bodybuilder, was named Armed Forces Mr. Pacific last year and runner-up for Mr. Hawaii. He hopes to motivate many more villagers to a more healthy lifestyle.

“I want to help individuals attain their personal goals,” said the Air Force technical sergeant. “And I want to help produce better combat-ready people.”

And he can probably do just that. With more than 20 years experience in fitness and nutrition, the 320th Air Expeditionary Group Services Sports and Fitness Flight Chief was one of the first enlisted Air Force members to attend the inaugural Air Force Fitness Specialist Course at Lackland AFB, Texas.

Since then, he continues to further his knowledge in exercise and nutrition by attending nationally recognized seminars held by the Cooper Institute, the American College of Sports Medicine and the American Council on Exercise.

Miguel said his approach to exercise prescriptions and nutrition is safe, simple, attainable and, most of all, realistic.

“People get so confused by all the different ways to stay healthy and stay in good shape. My advice is to start with the basics and ask a professional.”

One of the basics is nutrition, he said.

“Nutrition is a big factor in your day-to-day life,” he said. “It can make you a happy person with lots of energy, or it can make you miserable, due to a lack of

energy and vital nutrients.

“If I can educate everybody about proper nutrition and the importance of regular exercise, I can honestly say they’ve won half the battle,” he added.

The 5-foot-nine-inch, 180-pound bodybuilder can squat 500 pounds and bench 405 pounds, but he said his biggest strength is his ability to deal with different types of people, who have different bodies, goals, fitness levels and metabolisms.

“If someone asks me a question while I’m working out, I’ll stop and answer them. I can’t say no,” he said.

But for all the interrupted workouts, Miguel said he can only help those people who want to help themselves.

“Most of my clients who have succeeded toward reaching their goals were those people who had burning desires, and they were committed in making changes in their lifestyle,” he said.

So does Miguel practice what he preaches? “Always,” he said, “because what I preach is realistic and attainable.”

## BRIEFLY from page 10

### Men’s lock-in

The Men of Faith organization is sponsoring a Men’s Lock-in from 8 p.m. today until 7 a.m. Saturday at the West Chapel. Guests will enjoy snacks and speakers. For more information, call Nate Gagum at 225-8459 or 225-4094.

### Weight management tip

According to AFI 40-502, individuals must be weighed prior to being promoted and re-enlisting. For more information on the Weight Management Program, call Tech. Sgt. Bruce Peterson at 225-7465.

### Facility manager training

A mandatory facility manager’s training briefing will be held at 1 p.m. Tuesday and Thursday at the base theater. For more information, call 225-5282.

### Road closures

**Full-road closure** — on Crabbe Ave. from Friendship Blvd. to Spaatz Street until May 25.

**Partial road closure** — on Godfrey Ave. near the AFN building in the west area from 8 a.m. to 5 p.m. until May 13.

**Half road and sidewalk closure** — on Davis Street near Kenny Court from

8 a.m. to 4:30 p.m. until Saturday.

For more information, call 225-7440.

### Field day

Yokota East Elementary School third and fourth graders will have a field day with a local orphanage from 10 a.m. to 1 p.m. Wednesday. Volunteers are needed to help with the various events and food. For more information or to volunteer, call Vernon Miller at 225-5503.

### Red Cross

The American Red Cross is holding the following instructor classes in May:

- Instructor candidate class, from 8 a.m. to 4 p.m. May 13 in Bldg. 4018.
- Instructor class for CPR and First Aid, from 8 a.m. to 5 p.m. May 20 and 21.

For more information, call the American Red Cross at 225-7522.

### NAHM meeting

The Native American Heritage Month planning committee meets at 11:30 a.m. Thursday in the Military Equal Opportunity classroom in Bldg. 316. For more information, call Edo Forsythe at 225-6243.

### Tuition assistance

Applications for Spouse Tuition Assistance for terms five and six will be available at the Base Education Office until May 5.

For more information, call the education office at 225-7337.

### ROTC camp

Yokota’s Panther Battalion of the Junior Reserve Officer Training Corps is looking for volunteers to help with

their Adventure Camp from Wednesday to May 7 at Camp Fuji.

For more information, call Chief Master Sgt. Kenneth Kucharzak at 225-4356.

### Arts and crafts fair

The Yujo Community Center holds an arts and crafts fair from 10 a.m to 3 p.m. May 13.

For more information, call the Skills Development Center at 225-7837.

Advertisement

Advertisement

Advertisement

FFS

BETWEEN THE LINES

“What makes it hard is that we can’t watch television for two years.”

— William “The Refrigerator” Perry

Former NFL player on when his college team was put on a two-year TV and postseason probation.

ON THE BENCH

April 21 to May 7

Panther’s soccer

The Yokota High School Panthers boys soccer team not only defeated the rain, but also the Christian Academy in Japan 4-2 April 20 at Bonk Field. Sophomore Mike Chamberlain made two goals while juniors Clyde Soumas and Blake Anderson each chipped in one goal.

Special Olympics

Volunteers are needed to help with the annual Kanto Plain Special Olympics May 12 through 14 at Wilkins Field. Interpreters, huggers, greeters and people with computer knowledge are needed.

For more information, call your unit coordinator or Jill Palmer at 225-3680, Shawn Bakel at 225 5211 or Nicole Flores at 225-2296.

Friendship triathlon

NAF Atsugi is holding the Eighth Annual Friendship Triathlon, beginning at 7 a.m. May 21. The race consists of a 600m swim, 18km bike and 5km run. The deadline to enter is May 14. For more information, call Jack Brown at DSN 264-6053.

Charity walk

Get outdoors and stay in shape by participating in a 5km walk, 5km run or 10km run, beginning at 8:30 a.m. May 5 at the Imperial Palace in Hibiya.

The cost to enter is 3,000 yen with a minimum pledge of 3,000 yen. Families and kids are welcome. The first 700 participants will receive a free T-shirt and prizes. For more information, call (03)3968-4193.

Lifeguard certification

The American Red Cross holds lifeguard certification from 4 to 9 p.m. today and May 5, and from 8 a.m. to 3 p.m. Saturday, Sunday, and May 6 and 7 at the Natatorium. For more information, call the Natatorium at 225-2280.

Ice cream social

The fitness center will hold an ice cream social from noon to 5 p.m. May 29 at the outdoor pool in celebration of the seasonal opening.

T-shirts will be given out to those who brave the chilly waters of the outdoor pool.

For more information, call the Natatorium at 225-2280.




Vol. 41 No. 17

Yokota Air Base, Japan

April 28, 2000

Opening day, rained out...



courtesy photo

While base residents were treated to a nice break in the rain with a double rainbow Monday, the opening day of intramural softball suffered. The rain cancelled the National League’s games that evening, leaving it up to the American League to kick off the season Tuesday. National League games will be played every Monday and Wednesday while the American League hits the diamond every Tuesday and Thursday at Wilkens and Yokota Fields.

Baseball coaches

The Youth Center is looking for baseball coaches for the upcoming youth season. Coaches are needed for all age groups.

Interested individuals should call the Youth Center at 225-7441 or 225-7422.

Floor closure

All racquetball courts and basketball courts in the Main Fitness Center will be closed until Monday due to floor maintenance. For more information, call the Main Fitness Center at 225-8881.

Soccer boosters

The Yokota Varsity Soccer Booster Club is looking for members.

For more information, call Tony Arroyave at 227-3557 or e-mail to antonio.arroyave@yokota.af.mil.

Outdoor rec events

The following Outdoor Recreation trips have been scheduled for May:

Wednesday — River rafting and hotspots.

May 6 — Ocean fishing.

May 10 — Day hike and hotspots.

May 13 — Mountain bike day trip for beginners.

May 20 — Tour De Tama VII.

May 24 — Ocean fishing.

May 27 — River rafting and hotspots.

May 27 to 29 — Sea kayak and camping.

May 31 — Fresh water fishing.

For more information, call Outdoor Recreation at 225-4552.

Advertisement

Advertisement